



EASTHAMPTON HIGH SCHOOL: Jan 7-11, 2019 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Tater Tot Bar Choice of Toppings: Diced Ham Homemade Cheddar Cheese Sauce Bacon Sweet Green Peas	Chicken Fajitas Whole Grain Tortilla, Seasoned Grilled Chicken Grilled Onions & Peppers Seasoned Brown Rice Shredded Cheddar Cheese, Salsa	Pasta Bar Spaghetti OR Ziti w/ Classic Marinara Sauce Meatballs OR Chicken Parmesan Italian Sauteed Green Beans Whole Grain Dinner Roll	Potato Skin Bar Choice of Toppings: Ham, Bacon, Broccoli, Cheddar Cheese Sauce, Sour Cream Grilled Flatbread	Sheppards "KFC" Bowl Popcorn Chicken OR Seasoned Ground Beef Homemade Mashed Potatoes w/ Gravy Shredded Cheddar Cheese, Sweet Corn Whole Grain Biscuit
Grill				
Chicken Bacon Cheddar Melt	Mozzarella & Pepperoni Melt	Southwest Style Chicken Melt	Triple Cheese Melt	Cilantro-Lime Chicken Melt
Potato Wedges	Tater Tots	Crinkle Cut Fries	Potato Wedges	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Chicken Parmesan Pizza	Sausage & Peppers Pizza Pasta Station with Veg & Fruit	Classic Pepperoni Pizza Classic Cheese Pizza Buffalo Chicken Pizza	Meat Lover's Pizza Pasta Station with Veg & Fruit	Chicken Bacon Ranch Pizza Classic Pepperoni Pizza Classic Cheese Pizza
DELI				
Made to Order Sandwich and Salads with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Whole Grain Breads and Wraps Daily Panini Specials. Have your favorite Deli Sandwich Toasted on our Panini press.				
On The Go				
Turkey and Cheese WG Bread Lettuce & Tomato Garden Chicken Salad	Chicken Ranch Wrap Garden Salad with Cheese	Buffalo Chicken Wrap Garden Chicken Salad	Ham and Cheese on a Whole Wheat Bulky Roll Garden Salad with Cheese	Tuna Salad Whole Grain Bulky Roll Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad bar
Pasta Salad	Black Bean & Corn Salad	Potato Salad	Citus Chickpea Salad	Potato Salad
Fresh Whole Fruit	Fresh Whole Fruit	Awesome Apples	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
MONTHLY FOOD FOCUS: January Food Focus is Citrus!***Did you know? Grapefruits got their name because they grown in bunches....just like grapes!! Secondary: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.				

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